

## **REVISIONS TO THE FOODS DATABASE**

The foods database has been updated to include 162 new foods and numerous revisions to existing foods. The Drink category (e.g. Drink, Soda, Sugar Free) has been changed to Beverage. The term "Beverage" will now be used because "Drink" typically reflects beverages with little nutritive value such as fruit drinks. Since this category also contains items such as instant breakfast and other milk-based items, "Beverage" was believed to be more appropriate. "Beverage" is also typically used in other food databases. In addition, a new category, Casserole, has been added to the database to make coding foods easier.

Food group servings for new foods were calculated based upon recipes from the CSFII 1994 recipe database or from other reliable sources. Serving sizes were then determined according to current USDA guidelines and the EFNEP Food Guidance System. If the recipe was not available, Milk group servings were estimated by assuming 1 milk serving to equal ~ 300 mg Calcium. Meat group servings were estimated by assuming 1 - 3 oz. serving equals at least 15g of protein.

Several food items from the 1996 Eating Right is Basic (3rd edition) Recipe Set have been included in the foods database and are denoted by the ERIB 3 label in the food description. Nutrient analyses of these recipes were done using Nutritionist IV.

Due to the number of different candies that continuously appear in the marketplace, general descriptions of these products will be used for coding rather than brand names. To assist you in determining what name brands are included under the general food descriptions that appear in the foods database, a guide has been provided for coding.

### **Specific Changes:**

<b><u>Item #</u></b>	<b><u>Changes</u></b>	<b><u>Reason</u></b>
3	Name Change Apple, Raw, Peel, Sliced→ Apple, Raw, Without Skin	To clarify name
7	Fruit Serving 1.33→.20 Unit Cup→Fl. Ounce	Consistency w/other juices Weights and Nutrients Recalculated
16	Meat Serving 0→.16 Other Serving 1.33→0.33	Calculated using guidelines based on protein and fat
22	Serving Size 3 Tsp→ 1 Tsp	Item is an ingredient
40	Beans, Black/Brown, ckd, w/Fat→ Beans, Black Cooked	Updated Nutrient data from source B

<b><u>Item#</u></b>	<b><u>Changes</u></b>	<b><u>Reason</u></b>
53	Other Serving 3→0	Fat is naturally occurring, not added
71	Deleted	# 1380 is more descriptive
74	Name Change Beef Jerky→ Beef Jerky, Chopped and Formed Carbohydrate 33.1→3.1 Meat Serving 0.15→0.5 Other 0.60→0.0 Serving Size 3→2	Dried Product  Nutrient data updated from Source B Errors corrected
76	Serving Size 3.00→5.00 Meat Serving 0.33→0.20	Correct for gram weight Correct for gram weight
77	Vegetable Serving 0.00→1.00 Meat Serving 1.33→1.00	Value was missing Was in error, corrected
85	Serving Size 3.00→6.00 Meat Serving 0.33→0.20 Other Serving 0.00→1.00	Correct for gram weight
97	Serving Size 0.38→0.33	Was in error, corrected
98	Serving Size 0.50→0.33	Was in error, corrected
104-121	Change within Food Name, Drink→ Beverage	
105	Unit Description, Cup→Fl Ounce Serving Size 0.75→8 Nutrient values adjusted Dairy 0.00→.13	To be consistent with other beverages
107	Unit Description, Cup→Fl Ounce Serving Size 0.75→8 Nutrient values adjusted Dairy 1.00→.13 Other 4.50→0.0	To be consistent with other beverages
110	Unit Description, Cup→ Fl Ounce Serving Size 0.75→6 Other Serving 2.80→0.5 Nutrient values adjusted	To be consistent with other beverages
112	Name Change, Drink, Orange Julius→ Beverage, Milk Base Fruit Drink (Include Org Julius) Updated Nutrient Information	To reflect CSFII 1994
122	Name Change, Bilimbi→Bilimbi Pickle Fruit ( Hawaii)	To clarify name

<b><u>Item#</u></b>	<b><u>Changes</u></b>	<b><u>Reason</u></b>
147	Serving Size 1.00→0.50 Bread Serving 1.00→2.00	Was in error, corrected
162	Delete item	Duplicates #165
164	Vegetable Serving 1.0→2	1/2 cup cooked or sliced vegetable equals 1 serving
165	Vegetable Serving 0.5→2	1 Cup = 2 servings
166	Bread Serving 0.5→1.0	Was in error, corrected
167	Bread Serving 0.5→1.0	Was in error, corrected
189	Meat .14→0	Protein content is equivalent to regular cake
235	Candy, Peanut Brittle (1 inch sq)→ 1 Oz (28gm) Other 2.33→3.5	To be consistent with other candy
252	Serving Size 1.0→.5 Vegetable Serving 1.0→2	1/2 cup cooked or sliced vegetable equals 1 serving
256	Other Serving .00→0.75	3.3g fat /4.5g fat per serving = .75
258	Other 0.00→0.15	0.7g fat/4.5g fat per serving = 0.15
259	Other 0.00→0.25	1.1g fat/4.5g fat per serving = 0.25
263	Other 0.00→0.40	1.8g fat/4.5g fat per serving= 0.40
275	Name Change, Cereal, Grits, Ckd, Corn/Hominy, Inst, No Fat→Cereal, Corn Grits, Quaker, Inst, w/Water Nutrient data updated, added fiber from source B	To match data from USDA
278	Added value for fiber	Updated nutrient data
281	Added value for fiber	Updated nutrient data
284	Other 0.00→0.40	1.9g fat/4.5g fat per serving = 0.40
285	Other 0.00→0.10	0.5g fat/4.5g fat per serving = 0.10
286	Other 0.00→0.50	2.3g fat/4.5 fat per serving = 0.50
287	Other 0.00→0.50	2.4g fat/4.5g fat per serving = 0.50
288	Bread Serving 1.16→1.33	Was in error, corrected
290	Bread Serving 1.00→2.00	Was in error, corrected

<b><u>Item#</u></b>	<b><u>Changes</u></b>	<b><u>Reason</u></b>
294	Nutrient data updated to include fiber	Updated nutrient data
295	Other 0.00→0.15	0.7g fat/4.5g fat per serving = 0.15
296	Nutrient data updated to include fiber	Updated nutrient data
320-323	Adjusted meat serving for Hamburgers: single, regular size = .43 Meat Servings, 1/4 lb. Hamburgers = 1.00 Meat Servings Double Hamburgers (2 patties) = 0.87 Meat Serv.	Based on industry data for cooked weight
320-323	Meat Serving 1.33→1.00	Recalculated for cooked weight
321	Meat Serving 1.50→0.87	Recalculated for cooked weight
322	Meat Serving 0.75→0.43	Recalculated for cooked weight
323	Meat Serving 0.75→0.43	Recalculated for cooked weight
326	Meat Serving 1.58→1.00 Vegetable Serving 2.00→1.00 Other Serving 1.00→4.00	Was in error, corrected Was in error, corrected Was in error, corrected
328	Meat Serving 2.5→1.65	Based on grams of protein
329	Serving Size 3.00→4.5 Meat Serving 0.33→0.22	Was in error, corrected Was in error, corrected
330	Serving Size 3.00→5.67 Meat Serving 0.33→0.17	Was in error, corrected Was in error, corrected
338	Serving Size 3→4 Meat Serving .33→.25	Was in error, corrected
339	Gram Weight 34→28 Adjusted nutrients	Was in error, corrected To match change in weight
343	Serving Size 3.00→4.50 Meat Serving 0.33→0.22	Was in error, corrected Was in error, corrected
344	Serving Size 3.00→4.2 Meat Serving .33→0.23 Other Serving .33→0.0	Was in error, corrected Was in error, corrected
348	Serving Size 3.00→4.2 Meat Serving .33→.23 Other Serving .50→1.00	Was in error, corrected Was in error, corrected Was in error, corrected
355	Name Change, Chicken, Roll, Rstd,	To be consistent with other poultry

<b><u>Item#</u></b>	<b><u>Changes</u></b>	<b><u>Reason</u></b>
	Light/Dark meat→Chicken Roll, Light Meat Unit Description , 1" Cube→Ounce Nutrient values adjusted	names Revised nutrient data to match change in weight
357	Serving Size 0.5→1	Mixed dish
358	Serving Size .38→.3 Meat Serving 3.0→3.4	Corrected error
359	Meat Serving 1.00→1.25	Item is an entire thigh. Weight > 3oz.
361	Gram Weight 23g→28g	To match unit description (ounce)
364	Serving Size 1.00→5.33 Meat Serving .25→.19	Was in error, corrected
366	Vegetable Serving 1.00 →1.50 Other 1.0→0 Revised nutrient values	Assume 3/4 cup cooked beans Product has no added fat or sugar Updated nutrient information to reflect CSFII 1994 database
372	Name Change, Chip-Cheetos→Chip, Crn-Base Puffs/Twists Cheese Flav Updated nutrient information	To reflect CSFII 1994 database
380	Added "W/Noodles" to food name	To reflect nutrient values and food group servings
383	Bread Serving 1.00→2.00	Was in error, corrected
386	Fruit Serving 2→1	Assume 1/2 cup fruit
400	Gram Weight 15g→14g Calcium 1g→2g	To reconcile values with #756
412	Added Fiber → 0.5	To update
414	Added Fiber→0.3	To update
429	Bread Serving 6.0→0	Cornstarch is an ingredient, not equivalent to bread
435	Name Change, Crab, Canned→ Fish, Crab, Canned	For consistency in name
437	Added Fiber→0.4	To update
440	Added Fiber→0.1	To update
442	Added Fiber→0.1	To update
444	Added Fiber→0.2	To update

<b><u>Item#</u></b>	<b><u>Changes</u></b>	<b><u>Reason</u></b>
445	Added Fiber→0.1	To update
446	Added Fiber→0.4	To update
449	Meat Serving .25→0 Dairy Serving 0→.25	Value misplaced
464	Gram Weight 7→104 Nutrient values changed to 1 cup values	To adjust for 1 cup Source B
488	Name Change, Duck Flesh & Skin Roasted→ Duck, Domesticated, Meat & Skin, Roasted Updated all nutrient data	
489	Name Change, Duck, Roasted, w/o Skin→ Duck Domesticated, Meat Only Roasted Gram Weight 15→28 Updated nutrient values	Corrected the ounce to 28g
493	Unit Description Egg→1/2 Egg Gram Weight 50→31g	Correct weight for nutrient values
495	Gram Weight 50→46 Vitamin A RE 121→114	Correct weight for nutrient values Updated Vitamin A data
496	Gram Weight 50→61	Correct weight for nutrient values Updated nutrient data
497	Gram Weight 50→82 Vegetable Serving 0→.5 Nutrient values updated	Correct weight for nutrient values Assume 1/4 cup veg/omelette Updated from source B - Omelette
		w/veg
498	Gram Weight 50→79 Vegetable Serving 0→.5 Nutrient values updated	Correct weight for nutrient values Assume 1/4 cup veg/omelette Updated from source B
499	Gram Weight 50→ 222 Vegetable Serving 0→.25  Calories 711→ 706 Protein 20.4 → 20.3 Fat 68.5→67.3	Correct weight for nutrient values Assume 1/8 cup celery added  Updated selected nutrients
500	Gram Weight 50 →68 Dairy Serving 0→.33	Correct weight for nutrient value Based on calcium content
503	Unit Description, Egg→Egg Equiv Gram Weight 50g→33g	Adjusted name and weight for white only
504	Unit Description, Egg→Egg Equiv Gram Weight 50g→33g	Adjusted name and weight for white only

<b><u>Item#</u></b>	<b><u>Changes</u></b>	<b><u>Reason</u></b>
508	Unit Description, Egg→Egg Equiv Gram Weight 50g→17g	Adjusted name and weight for yolk only
509	Gram Weight 50g→17 g	Adjusted name and weight for yolk only
514	Vegetable Serving 0→.25	Changed to make more consistent with other eggrolls
515	Vegetable Serving 0→.25	Changed to make more consistent with other eggrolls
517	Bread Serving .25→.5	Changed to match other eggrolls
557	Other Serving .33→0	Values were reversed with #559
559	Other Serving 0→.33	Values were reversed with #557
570	Other Serving 0→.33	To be consistent w/fried fish
583	Name Change, Fishcake (Kamaboko) Tempura → Fish, Cake (Kamaboko) Tempura	For consistency in name
606	Other Serving 8→4	CHO $33.8 \div 8.5 = 4$ other
608	Unit Description Ounce→Cup Meat 1.5→2.5 Serving Size 3→.5	Data appears to be for 1C, chopped, not 1 oz Based on protein
618	Bread Serving .2→0	No bread product included
621	Vegetable Serving 0→.25	For the added mushrooms
623	Bread Serving 0.05→0	No bread product included
624	Included "with milk" in food name Dairy Serving 0→.9	Based on calcium content
625	Bread Serving 0.60→0	No bread product included
641-644	Adjusted meat serving for hamburgers	single, regular size=.43 meat servings 1/4 lb. hamburgers=1.00 meat servings double (2 patties)=0.87 meat servings
641	Meat Serving 1.33→1.0	Recalculated for cooked weight
642	Meat Serving 1.50→0.87	Recalculated for cooked weight
644	Meat Serving 0.75→0.43	Recalculated for cooked weight
656	Bread Serving 0→.5	Corrected for cone
657	Bread Serving 0→.5	Corrected for cookie

<b><u>Item#</u></b>	<b><u>Changes</u></b>	<b><u>Reason</u></b>
669	Name Change, Icing, Coconut→ Icing, Coconut-Nut, Ready-To-Eat Other Serving 37→33 Nutrient values recalculated	To clarify name  From source B
672	Other Serving 3→1.5	2Tsp = 1 Other
673	Other Serving 3→1.5	2Tsp = 1 Other
675	Cup→ Fl Ounce Nutrient data recalculated	To be consistent with other juices
677	Fruit Serving .10→.17	Changed for fruit juice
680	Fruit Serving .05→.17	Changed for fruit juice
684	Name Change Lemonade→ Beverage, Lemonade Fruit Serving 0→.05	To be consistent with #725
689	Fruit Serving .10→.17	Changed for fruit juice
692	Unit Description Cup→ Fl Ounces Nutrient data recalculated	To be consistent with other juices
693	Fruit Serving .10→.17	Changed for fruit juice
696-699	Fruit Serving 0→.02	Fruit drinks contain 10% fruit juice
699	Name Change Juice-Drink, Fruit Ades, Fruit Punches→Beverage, Juice-Drink, Fruit Punches	For consistency in names  Drinks now grouped with beverages
701	Gram Weight 16g→28g Nutrient values recalculated	To be consistent with other meats
710	Nutrient data updated from source B	To be consistent w/#711
711	Nutrient data updated from source B Carbohydrate 8.1g→0.0 Iron 5.0g→0.6 Other Serving 0→1	To correct errors for carbohydrate and iron  For excess fat above 15g/3 oz
724	Unit Description Cup→Lemon Nutrient values recalculated from source B	To be consistent w/ other fruits
725	Added "Beverage" to food name	To aid in locating item
726	Gram Weight 540→198 Nutrient data recalculated for source B	Weight for 1 cup was in error
740	Serving Size 1.00→0.50	Pasta Serving = 0.5 Cup



<b><u>Item#</u></b>	<b><u>Changes</u></b>	<b><u>Reason</u></b>
	Dairy Serving 1.00→1.33	
744	Fruit Serving 1→2	1/2C Equals 1 fruit serving
745	Serving Size 1.0→.5	1/2 Medium mango = 1 fruit serving
757	Unit Description Ounce→Piece	For consistency
764	Other Serving 0.07→0	Milk products recalculated using skim milk as a base. Skim has 11calories/fluid oz; 1 serving of "other" equals 35 calories. Excess calories from fat or sugar counted as "other"
765	Other Serving .4→.2	Same as #764
767	Other Serving .5→.3	Same as #764
768	Other Serving .6→.4	Same as #764
770	Added "Instant" to food name-	For clarification
769	Other Serving 4.0→3.2	Same as \$764
771	Other Serving .85→.6	Same as #764
775	Other Serving .10→.06	Same as #764
776	Other Serving .15→.11	Same as #764
777	Other Serving 1.0→.4	Same as #764
778	Other Serving 1.0→.4	Same as #764
782	Other Serving .5→.7	Same as #764
783	Other Serving .5→.7	Same as #764
784	Other Serving .5→.8	Same as #764
786	Other Serving 3→2	See EFNEP Food Guidance Chart
787	Other Serving 3→2	See EFNEP Food Guidance Chart
808	Meat Serving .10→0 Vegetable Serving .25→0 Bread Serving 1.33→.5	Product is noodles only; weight of 1 cup =45 grams, compared to 160 - 200 for pasta and rice
841	Vegetable Serving 1.0→0.5	Weight of 1 cup rings is ¼ weight of cooked onions
849	Serving Size 3→6	Based on protein content

<b><u>Item#</u></b>	<b><u>Changes</u></b>	<b><u>Reason</u></b>
851	Serving Size 3→6 Meat Serving .33→.15	Based on protein content
868	Fruit Serving 1→.5	Assume 1/4 cup fruit
872	Fruit Serving 1.0→2.0	1 Cup fruit = 2 servings
896	Added "W/Bone" to food name Serving Size 3→4 Meat Serving .33→.25	Product names reversed To yield 3 oz cooked, edible portion
897	Added "Boneless" to food name	Product names reversed
920	Meat Serving 0→.5 Fruit .5→0	Nuts incorrectly credited as fruit instead of meat
924	Vegetable Serving .12 →1.0	Based on recipe
941	Bread Serving 0.50→0.33	3 Cups = 1 serving
942	Bread Serving 0.50→0.33	3 Cups = 1 serving
955	Other Serving 0→2.5	Based on excess fat content
960	Serving Size 3.0→7.75 Meat Serving 0.2→0.13	Based on protein
961	Serving Size 3.0→1.0	1 slice
962	Serving Size 3.0→8.5 Meat Serving 0.15→0.12	Based on protein
963	Serving Size 3.0→8.5 Meat Serving .09→0.12	Based on protein
964	Serving Size 3.00→14.0 Meat Serving 0.10→0.07	Based on protein
966	Other Serving 0→1.2	Based on excess fat content
968	Other Serving 0→1.5	Based on excess fat content
971	Deleted "Inc Bones" from food name	Data on 1 oz edible portion
972	Serving Size 1.00→3.00	To more closely match a 3 oz serving
981	Dairy Serving .1→0	Items reversed; #981 has no milk, #982 does
982	Dairy Serving 0→.1	Items reversed; #981 has no milk, #982 has milk
983	Vegetables Serving 0→.5 Bread Serving 1.0→.5	Product is primarily potato, not bread (pancake)

<b><u>Item#</u></b>	<b><u>Changes</u></b>	<b><u>Reason</u></b>
993	Serving Size .25→.5	1/2 Cup = 1 serving
1002	Nutrients updated	To reflect CSFII 1994 Database
1007	Added "With Bone" to food name Serving Size 3→3.7 Meat Serving .33→.25	To match weight of product
1011	Serving Size 3→3.7 Meat Serving .33→.25 Nutrient data revised	To match weight of unit
1013	Vegetable Serving .10→.20	5 radishes = 1 serving
1014	Vegetable Serving 2→4	Nutritive values on a 2 cup portion
1021	Deleted	Duplicated values to #1022
1022	Name Change to Rhubarb, Ckd, Sweetened	Combines previous #1021 & #1022
1028	Vegetable Serving 0→.66	Reflects recipe in CSFII 1994 for meatless fried rice--has mushrooms, bean sprouts, onions
1040	Bread Serving 1→2	To match other types of rice
1054	Serving Size .5→1.0	Serving = 1 cup raw leafy vegetable
1059	Meat Serving 1.0→1.5	Based on protein
1061	Bread Serving 0→.25	For taco chips
1064	Serving Size 6→14	Based on weight and protein
1071	Meat Serving .75→0.5	Assumes 3 strips of bacon, see #16
1088	Vegetable Serving 0→.5 Bread Serving 2→3	For lettuce, tomato, onions Oversized roll
1076	Deleted from food name "BK"	Previous meaning unclear
1101	Updated nutrient information to reflect USDA database	This more accurately reflects the fat content for salsa
1115	Deleted	Duplicated #1113
1120	Meat 0.10→.08	1/13th of serving
1128	Grams/unit 25g→28g. Serving Size 3→5, Meat Serving .15→.2 Nutrient data recalculated from source B	For consistency  Based on protein

<b><u>Item#</u></b>	<b><u>Changes</u></b>	<b><u>Reason</u></b>
1130	Serving Size 3→5.75 Meat Serving .15→.17 Gram Weight 25→28 Vegetable Serving .25→.0 Bread Serving 0→.25 Nutrient data recalculated	Based on recipe  To correct weight
1133	Changed Name, Seaweed (Includes Spirulina) → Seaweed, Spirulina, Raw Gram Weight 128G →28G. Nutrient data recalculated from Source B	To clarify name  To correct weight
1134	Changed Name, Seaweed, Agar→ Coconut Dessert, Cambodian (Agar-Agar)	To clarify name
1135	Changed Name, Seaweed, Dried→ Seaweed, Spirulina, Dried Gram Weight 15 →28G Nutrient data recalculated	To clarify name  To correct weight
1139	Serving Size .25→.5 Other Serving 0→2.5 Meat Serving 4→2	See EFNEP Food Guidance Chart
1142	Serving Size .25→.5 Meat Serving 1.50→2	See EFNEP Food Guidance Chart
1192	Vegetable Serving 2→1	1 cup vegetable soup = 1 serving
1199	Vegetable Serving 2→1	1 cup vegetable soup = 1 serving
1207	Serving Size 3→4.25 Meat Serving .33→.25	Based on protein
1210	Vegetable Serving 2.00→1.00	Weight about 1/2 the amount in 1 cup cooked spinach
1226	Deleted	Duplicated #1225
1231	Serving Size 0.25→0.5 Meat Serving 1.5→2	See EFNEP Food Guidance Chart
1240	Calories 5 →48	Corrected value
1241	Other Serving 1.75 →1.5	2 Tsp = 1 other
1242	Other Serving 1.75 →1.5	2 Tsp = 1 other
1272	Changed Name, Tomato, Red, Raw, Boil → Tomato, Fresh, Boil	To clarify name
1292	Meat Serving 1.0→1.75	Based on weight

1296	Name Change, Turnovers, Dumplings, Apple→ Turnovers, Apple  Fruit Serving 1.0→.5	The weights of dumplings and turnovers are significantly different, dumplings are now #1386 Assume 1/4 cup fruit per turnover
1299	Meat Serving 1. →2 Vegetable Serving 0 →.25	Six ounces of meat For tomato sauce
1306	Meat Serving 2.1 →3.5	Based on protein
1307	Meat Serving .25 →.33	Based on protein
1332	Unit Description Ounce→Cup Nutrient values adjusted Gram Weight 28g→193g Serving Size 4.0→0.5 Dairy Serving 0.06→0.5 Other Serving 0.67→2.0	To be consistent with other frozen yogurts
1334	Serving Size. 1.50→.50 Dairy Serving 0.67→1.00	Consistent w/other frozen yogurt 305mg calcium
1342	Changed Name to Syrup, Choc, Thick	To place with other syrups
1350	Name Change, Drink, Gatorade→ Beverage, Sports Drink, Gatorade	For name consistency
1378-1540	New foods added to the database	